

CONDITIONING???? – Biblical Message

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Inspired by the Holy Spirit in the Shower

Key Verse: *“And do not be conformed to this world, but be transformed by the renewing of your mind.”* – Romans 12:2 (NKJV)

My Shower Revelation

While I was taking a shower last night, I started putting conditioner in my hair—working it in, letting it soak. That’s when the Holy Spirit whispered a lesson to me:

“Just like conditioner sets into your hair, people also get conditioned in their hearts and minds by the world.”

And just like hair needs to be rinsed, refreshed, and treated—**so do we.**

What Does It Mean to Be Conditioned?

To be conditioned means to be trained, shaped, or influenced by repeated exposure, messages, or environments.

🔍 Common Ways People Get Conditioned:

1. **Through Culture:**

Constant exposure to worldly values like success = wealth, beauty = worth, and hustle = identity.

2. **Through Trauma:**

Painful experiences can condition us to fear, distrust, or expect the worst in life and people.

3. **Through Relationships:**

Toxic friendships or unhealthy love can condition us to think we’re unworthy, unloved, or need to perform to be accepted.

4. **Through Repetition:**

The things we repeatedly watch, listen to, and say to ourselves condition our mindset—for better or worse.

5. Through Family Patterns:

Generational curses, habits, or attitudes can condition us without us even realizing it.

BUT GOD... He Reconditions and Restores!

Just like a deep conditioner restores dry or damaged hair—**God restores hearts, minds, and souls.** He rinses away the residue of the world with His living Word and renews us by His Spirit.

Scriptures on God's Restoring Power:


- **Romans 12:2** – “Be transformed by the renewing of your mind.”
- **Psalms 23:3** – “He restores my soul; He leads me in the paths of righteousness.”
- **Joel 2:25** – “So I will restore to you the years that the swarming locust has eaten.”
- **2 Corinthians 5:17** – “If anyone is in Christ, he is a new creation; old things have passed away.”

Takeaways:

1. **You are not stuck in how the world has conditioned you.**
God has a fresh rinse, a new mindset, and a reconditioning plan just for you.
2. **You have to choose what you soak in.**
Spend time daily in the Word, in worship, in prayer—and let the Holy Spirit “condition” your spirit with truth, joy, and power.

Life Application:

Each time you wash and condition your hair, let it be a reminder:

 *"Lord, condition my heart with Your truth. Rinse out anything that doesn't belong. Restore what's broken. And renew my spirit with Your Word!"*

Dear Heavenly Father, thank You for showing me that I don't have to stay stuck in the world's way of thinking. Rinse off the lies I've believed, the hurts I've carried, and the patterns that don't serve Your purpose. Recondition me with Your love, Your truth, and Your Spirit. In Jesus' Name, amen!

Questions

1. What are some worldly "conditionings" you've had to unlearn in your walk with Christ?
2. How does Romans 12:2 speak to your transformation process?

And do not be conformed to this world, but be transformed by the renewing of your mind."

3. What is something you can "rinse out" of your daily life right now?

8 Things to Rinse Out of Your Life:

1. Negative Self-Talk

– Those "I'm not good enough" lies? Rinse them out and replace them with *God says I'm fearfully and wonderfully made* (Psalm 139:14).

2. Unforgiveness

– Holding onto offense only clogs up your heart. Let God's mercy rinse it out (Ephesians 4:32).

3. Fear and Worry

– Fear drains your faith. Rinse it out with trust in God's promises (Philippians 4:6-7).

4. Comparison

– Stop comparing your journey to others. Rinse it out and walk in your God-given identity (Galatians 6:4-5).

5. Toxic Relationships

– Let go of people who drain your spirit and do not support your walk with God (2 Corinthians 6:14).

6. **Pride**

– Pride blocks grace. Rinse it out with humility and a teachable heart (James 4:6).

7. **Bitterness and Resentment**

– These are silent destroyers of joy. Rinse them out with love and release (Hebrews 12:15).

8. **Doubt in God's Plan**

– When you start doubting, rinse it out with His Word and remember His faithfulness (Proverbs 3:5-6).

💧 Let each rinse be a surrender — and let the Lord refill you with His truth, peace, and purpose!

Wisdom Nugget:

“Whatever you let sit in your heart will soak into your soul—**make sure it's the Word, not the world.**”

Lovingly Written and Divinely Guided by the Holy Spirit.

With Stephanie Smith

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